

The MINDUP CURRICULUM

Brain focused strategies for
learning and living

Introduction

❖ View video at:

www.thehawnfoundation.org

❖ Books available from scholastic

Mindful Attention

Conscious awareness of the present moment

❖ “By focusing our attention and controlling our breath, we can learn to reduce stress and optimise the learning capacity of the brain.”

The Research Base

- ❖ Social and Emotional Aspects of Learning
- ❖ The Stressed Brain
- ❖ The Happy Brain
- ❖ The Mindful Brain

MINDUP and the School Day

❖ The day begins

❖ Transitions

❖ The day ends

The MINDUP Curriculum

❖ Consists of three books:

- Pre K-2
- Years 3-4
- Years 5-8

Each book contains 4 units

1. Getting focused:

- How our brains work, mindful awareness, focused awareness

2. Sharpening your senses

- Mindful sensing



3. All about attitude:

- Perspective taking, choosing optimism, appreciating happy experiences

4. Taking action mindfully:

- Expressing gratitude, performing acts of kindness, taking mindful action in the world.

There are 15 lessons in total

- ❖ For each age group, the lessons are tailored to their developmental level.
- ❖ The themes are identical in each book

Each lesson follows the same format

- ❖ Introduction to the lesson topic
- ❖ Linking to brain research
- ❖ Clarify for the class
- ❖ Getting ready
- ❖ MINDUP warm up
- ❖ Leading the lesson
- ❖ Connecting to the curriculum

Special Features

- ❖ Creating the optimistic classroom
- ❖ MINDUP in the real world
- ❖ Once a day:
 - Apply content to everyday situations
- ❖ Journal writing:
 - What I noticed
 - What it means
 - What I learned
- ❖ Literature link

Handouts

- * Handouts from Program includes:
- * Getting Ready
- * Lesson Opener
- * Leading the lesson
- * Connecting to the Curriculum